

STUDENT/GUARDIAN INTERNET SAFETY HOMEWORK REFERENCE SHEET

INSTRUCTIONS

Go over this guide with your parent/guardian and answer the questions on the second sheet. Keep this top sheet as a reference for you and your family.



THE INTERNET

The Internet is an integral part of school, home, and work life in today's world. Teens like you are doing fun and interesting things with online resources everyday, but there are also many dangers to the Internet. Know how to protect yourself online by following these guidelines.

CHAT ROOMS

Chat rooms are dangerous places for teens. You can never know who or how many people are in a chat room. Often, people claim to be someone they are not. Sometimes adults will pretend to be teens and go into teen chat rooms. They may ask questions that make you feel uncomfortable.

They could also ask for personal information, such as an address, phone number, name, school, etc. They may even try to arrange to meet you. If someone tries to schedule a meeting with you (even if it's in a public place), tell your parent or guardian immediately. Never give out information that could give let that person know how to contact you or where you are.

E-MAIL AND INSTANT MESSAGING

E-mail and Instant Messaging is a great way to communicate with family, friends, and teachers, but these communication methods can also be dangerous. As in chat rooms, people can pretend to be someone they really aren't. E-mail messages may contain fake return addresses. Unsolicited e-mail (called spam) sometimes asks for personal information and/or invites you to visit inappropriate sites. Screen names on Instant Messaging can be misleading, and you cannot always trust what people are saying about themselves.

BLOGS AND PERSONAL WEB SITES

Blogs like MySpace and other personal web servers provide a chance to post personal information, pictures, and other items online that could be used to take advantage of you. Make sure your parents/guardians are aware of the things you are posting online, and never give out personal information. Remember, items on the Internet are available to *anyone*, not just your friends. For that reason, don't post photos of yourself.

INAPPROPRIATE WEB SITES

Avoid "adults only" web sites and leave a site immediately if there is inappropriate material on the page. Alpine School District's acceptable use policy says that students should not "access or distribute inappropriate materials objectionable to use in a public school environments. This includes pornographic, obscene, sexually explicit, or threatening material."

NEVER GIVE OUT PERSONAL INFORMATION

- Name
- Photo of yourself
- Home address
- School name
- Telephone number
- Cell phone number
- E-mail address
- Screen name or friends' screen names or e-mail addresses
- Parent's/guardian's personal information
- Credit card information
- Social security number
- Age

CYBER BULLYING AND IDENTITY THEFT

Some people use the Internet to bully, tease, threaten fellow students. Posting, e-mailing, or communicating these things online is called cyber bullying. It is damaging both to the victim and the person who is doing the bullying. Criminals often use the Internet to steal credit card numbers, social security numbers, and other personal information. Then, they sell or use that information themselves to purchase things under false identities. This crime is on the rise because people are not careful about protecting their personal information.

RULES FOR SAFETY

If you ever encounter an online situation in which you feel uncomfortable or threatened, talk to your parent or guardian about it. They can take further action including contacting the proper authorities if needs be. Also, if your family does not have rules for Internet safety, you may want to use the State of Utah's suggested Family Contract at the right (not required). Remember, if you are aware of the dangers of the Internet and have a plan of what do if you face that danger, then you will be much safer!

RESOURCES AND REFERENCES

The following are great resources for students and their parents or guardians who want to learn more about Internet Safety. These sites are also sources of the information on this reference sheet.

"10 Commandments for Kids Online."
<http://www.komando.com/kids/commandments.aspx>

"Don't Believe the Type."
<http://tcs.cybertipline.com/index.htm>

"Federal Bureau of Investigation: A Parent's Guide to Internet Safety."
<http://www.fbi.gov/publications/pguide/pguidee.htm>

"NetSMARTZ Workshop: Keeping Kids and Teens Safer on the Internet." <http://www.netSMARTZ.org/>

"State of Utah: Internet Crimes Against Children."
<http://attorneygeneral.utah.gov/ICAC/missionicac.htm>

- "A Parent's Guide to Internet Safety"
[http://attorneygeneral.utah.gov/ISTour/internetsafety%20\(2\).pdf](http://attorneygeneral.utah.gov/ISTour/internetsafety%20(2).pdf)
- "Family Contract for Internet Safety" <http://attorneygeneral.utah.gov/ICAC/contract.pdf>

Family Contract for Internet Safety

I will not give out my address, phone number, school name or address, parents' names, or any other personal information to anyone I meet on the Internet.

I will tell my parents about people I meet online. I know adults will pretend to be kids sometimes to get kids to talk to them.

I will not call anyone I met online without asking my parents first.

I will not e-mail pictures of myself to anyone I do not know.

If someone sends me any pictures or e-mails that make me uncomfortable, I will tell my parents right away.

I will not buy or order anything online without asking my parents for permission first.

I will not fill out any form online that asks me for information about myself or my family without asking my parents for permission.

I will not answer any e-mails or messages from someone I do not know.

I will never agree to get together with someone I meet online without first checking with my parents. If my parents say it's okay, I will bring one of them along and make sure we meet in a public place.

If someone online asks me to do something I am not supposed to do, I will tell my parents.

I will talk to my parents about rules for using the Internet, and I will follow them. We will decide about the time of day I can be online, how long I can be online, and the places on the Web that are okay for me to visit.

I will be a good online citizen and not do anything that hurts other people or is against the law.

Sample Signature
Child Signs Here

I will help my child follow these rules and will allow my child to use the Internet as long as these rules are followed.

Sample Signature
Parent(s) Sign Here

Name _____

Period _____

STUDENT/GUARDIAN INTERNET SAFETY HOMEWORK

Assignment #7

This assignment is due on _____.

STUDENT

Using the information from the reference sheet, answer the following questions with well-thought-out answers.

1. What are 5 examples of personal information you should not give out on the Internet?
2. Why is it dangerous to assume that the person you are chatting or e-mailing is telling the truth about themselves?
3. Why are chat rooms, blogs (like MySpace), personal web pages, and Instant Messaging dangerous?
4. If someone you meet online asks to meet you in person, what should you do?
5. Why shouldn't you post photos of yourself online?
6. If you receive information, images, or other items that make you uncomfortable or feels inappropriate, what should you do?

STUDENT AND PARENT/GUARDIAN

Go over the following survey together.

1. Do you have computer(s) at home? Yes No
2. Do you have access to the Internet? Yes No
3. Where are the computer(s) located in the house?

4. Do you have rules about when and how the student may use the Internet? Yes No
5. Does the student have to use a password (that only the parent/guardian knows and types in) when accessing the computer or Internet? Yes No
6. Do you have guidelines about what to do if the student receives an inappropriate message or image? Yes No
7. Does the parent/guardian often check the student's e-mail accounts, Internet history, and other online communication? Yes No
8. Does the student have a MySpace page or other personal web page/blog? Yes No
9. Does the parent/guardian know what is on that page? Yes No Not applicable

STUDENT AND PARENT/GUARDIAN

Talk over these topics together.

- If your family does not already have rules for Internet Safety, this would be a good time to discuss those rules and perhaps create a contract like the sample provided on the reference sheet.
- Discuss the reasons for having these rules.
- Talk about appropriate uses of the Internet.

Student Signature

Parent/Guardian Signature